



## Are You(th) Aware?

Training course on self-awareness and wellbeing in Youth Work

17th-23rd of May, Belgium

|                     | May 17th<br>Arrival day       | May 18th<br>We, myself and I                         | May 19th<br>Discovering self-awareness and well-being | May 20th<br>What's going on?              | May 21st<br>Sharing is caring | May 22nd<br>Hands on   | May 23rd<br>Departure day |
|---------------------|-------------------------------|--|---|---|-------------------------------|------------------------|---------------------------|
|                     | <i>Slow start :)</i>          |  |   |   |                               |                        | Departure                 |
| Morning session 1   | <i>Setting the ground</i>     | <i>Who am I</i>                                      | <i>Youth needs I</i>                                  | <i>Sharing methods and experiences I</i>  | <i>Mooove to action I</i>     |                        |                           |
|                     | <i>Break</i>                  |  |   |   |                               |                        |                           |
| Morning session 2   | <i>Who is who?</i>            | <i>Hand of well-being</i>                            | <i>Youth needs II</i>                                 | <i>Sharing methods and experiences II</i> | <i>Mooove to action II</i>    |                        |                           |
|                     | <i>Lunch break</i>            |  |   |   |                               |                        |                           |
| Afternoon session 1 | <i>Arrival during the day</i> | <i>From me to we</i>                                 | <i>Where am I?</i>                                    | <i>Free afternoon</i>                     | <i>Tool fair I</i>            | <i>Self-reflection</i> |                           |
|                     |                               | <i>Break</i>   |   |   | <i>Break</i>                  |                        |                           |
| Afternoon session 2 |                               | <i>Introduction to self-awareness and well-being</i> | <i>Where am I in youth work?</i>                      |   | <i>Tool fair II</i>           | <i>Evaluation</i>      |                           |
|                     |                               | <i>Reflection</i>                                    |   |   | <i>Reflection</i>             |                        |                           |
|                     | <i>Dinner</i>                 | <i>Dinner break</i>                                  |   | <i>Dinner out</i>                         | <i>Dinner break</i>           |                        |                           |
| Evening session     | <i>Welcome session!</i>       | <i>Ubuntu 1</i>                                      | <i>Ubuntwo</i>  | <i>Free evening</i>                       | <i>Fire up!</i>               | <i>Thank you party</i> |                           |